

Lentil Soup

Meat Alternate-Vegetable

Soups

H-07

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|-------------------------------|-------------|------------|-------------|----------------|--|
| | Weight | Measure | Weight | Measure | |
| Dry lentils | 11 oz | 1 1/2 cups | 1 lb 6 oz | 3 cups | 1. Rinse lentils to sort out any unwanted materials. Drain well. 2. In a pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes. |
| Beef stock | | 2 qt | | 1 gal | |
| Tomato paste | 1 lb 2 oz | 2 cups | 2 lb 4 oz | 1 qt | 3. Add potatoes, onions, celery, carrots, parsley, garlic, bay leaves, and cumin. Simmer, uncovered, until potatoes are tender, about 15 minutes. CCP Heat to 165 degrees F or higher for at least 15 seconds. |
| *Potatoes, peeled, 1/2" cubes | 6 oz | 1 cup | 12 oz | 2 cups | |
| *Onions, minced OR | 5 oz | 1 cup | 10 oz | 2 cups | 4. Remove bay leaves 5. CCP Hold for hot service at 140 degrees F or higher. |
| Dehydrated onion flakes | | 3 Tbsp | | 1/4 cup 2 Tbsp | |
| *Fresh celery, 1/2" dice | 7 oz | 1 1/2 cups | 14 oz | 3 cups | |
| *Fresh carrots, 1/2" dice | 7 oz | 1 1/2 cups | 14 oz | 3 cups | |
| Dried parsley flakes | | 1 Tbsp | | 2 Tbsp | |
| Granulated garlic | | 1 tsp | | 2 tsp | |
| Dry bay leaves | | 1 each | | 2 each | |
| Ground cumin | | 1/8 tsp | | 1/4 tsp | |
| *See Marketing Guide | | | | | |

Marketing Guide

| Food as Purchased | For 25 Svgs | For 50 Svgs |
|-------------------|-------------|-------------|
| Potatoes | 7 oz | 14 oz |
| Onions | 6 oz | 12 oz |
| Celery | 8 oz | 1 lb |
| Carrots | 10 oz | 1 lb 4 oz |

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| SERVING: | YIELD: | VOLUME: |
|---|---------------------------------------|---------------------|
| 1/2 cup (4-oz ladle) provides 1/8 cup of lentils and 3/8 cup of vegetable | 25 Servings: 3 qt 1 cup | 25 Servings: |
| | 50 Servings: 1 gal 2 qt 2 cups | 50 Servings: |

| Nutrients Per Serving | | | |
|-----------------------|------|----------------------|----------------|
| Calories | 78 | Saturated Fat | .2 g |
| Protein | 5 g | Cholesterol | 0 mg |
| Carbohydrate | 14 g | Vitamin A | 254 RE/2544 IU |
| Total Fat | .6 g | Vitamin C | 12 mg |
| | | Iron | 1.9 mg |
| | | Calcium | 25 mg |
| | | Sodium | 461 mg |
| | | Dietary Fiber | 5 g |